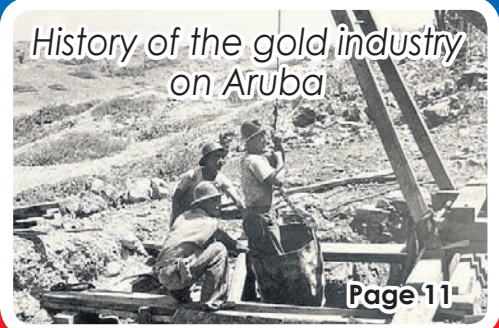




Unique fauna of Aruba



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Trump is checked for lower leg swelling and diagnosed with a common condition in older adults

By **DARLENE SUPERVILLE** and **LAURAN NEERGAARD**
Associated Press

WASHINGTON (AP) — President Donald Trump recently had a medical checkup after noticing “mild swelling” in his lower legs and was found to have a condition common in older adults that causes blood to pool in his veins, the White House said Thursday. Press secretary Karoline Leavitt said tests by the White House medical unit showed that Trump has chronic venous insufficiency, which occurs when little valves inside the veins that normally help move blood against gravity gradually lose the ability to work properly. Leavitt also addressed bruising on the back of Trump’s hand, seen in recent photos covered by makeup that was not an exact match to his skin tone. She said the bruising was “consistent” with irritation from his “frequent handshaking and the use of aspirin.” Trump takes aspirin to reduce the risk of heart attack and stroke.



The left foot and swollen ankle of President Donald Trump are pictured as he sits with Bahrain’s Crown Prince Salman bin Hamad Al Khalifa in the Oval Office of the White House, Wednesday, July 16, 2025, in Washington.

Associated Press

She said during her press briefing that her disclosure of Trump’s medical checkup was meant to dispel recent speculation about the 79-year-old president’s health. Nonetheless, the announcement was notable given that the Republi-

can president has routinely kept secret basic facts about his health. Trump in April had a comprehensive physical exam with more than a dozen medical specialists. The three-page report released then by the White House

did not include a finding of chronic venous insufficiency. At the time, Trump’s doctor, Sean Barbabella, determined that the president’s joints and muscles had a full range of motion, with normal blood flow and no swelling.

Leavitt did not say when Trump first noticed the swelling in his lower legs. As part of the president’s routine medical care and out of an “abundance of caution,” she said he had a “comprehensive exam” that included vascular, lower extremity and ultrasound testing. She noted that chronic venous insufficiency is a benign condition that is common in people over age 70. She said the tests revealed no evidence of deep vein thrombosis, a more serious medical condition in which a blood clot forms in one or more of the deep veins in the body, usually in the legs. Nor was there any evidence of arterial disease, she said, reading a letter from Barbabella. People often are advised to lose weight, walk for exercise and elevate their legs periodically, and some may be advised to wear compression stockings. Severe cases over time can lead to complications including lower leg sores called ulcers. □

Attorneys sue to restore deportation protections for abused and neglected migrant children

VALERIE GONZALEZ
Associated Press

Attorneys representing migrant children who were abused, neglected or abandoned by a parent asked a federal court on Thursday to restore their de-

portation protections after the Trump administration ended them. The lawsuit, filed in the Eastern District of New York, was filed on behalf of nine young people and their legal advocates who want

a judge to keep the protections for up to nearly 150,000 beneficiaries. “These young people have survived abuse, abandonment, and neglect only to be retraumatized now by the constant threat of detention and deportation from the same agencies that vowed to keep them safe,” said Rachel Davidson, plaintiff attorney with the National Immigration Project. The Department of Homeland Security and U.S. Citizenship and Immigration Services were both named in the lawsuit. USCIS Spokesman Matthew J. Tragesser said, “As a matter of practice, USCIS does not comment on pending litigation.” DHS did not immediately respond to a request for comment. Migrant children who suf-

fered parental abuse, neglect or abandonment are designated through state courts and the federal government with Special Immigrant Juvenile Status, which was created by Congress in 1990 with bipartisan support. SIJS, as it is known, does not grant legal status. But it lets qualifying young people apply for a visa to become legal permanent residents and obtain a work permit. It can take years for a visa to become available due to annual caps. In 2022, the Biden administration allowed children to be shielded from deportation while waiting for a visa. In June, the Trump administration ended deportation protection for SIJS beneficiaries. Without it, they can still wait in the U.S. for a visa but cannot receive work

authorization. And if they are deported while they are waiting, they will no longer be eligible to become legal permanent residents. Though overshadowed by higher-profile moves to end birthright citizenship and halt asylum at the border, the policy shift is part of President Donald Trump’s sweeping immigration system overhaul intended to make it more difficult for people to legally remain in the U.S. A Guatemalan teen who is living in New York and living with her older brother is one of the plaintiffs. She said through attorneys, who omit using the names of minors, that her dreams of becoming an astronaut one day may be cut short if she’s unable to continue high school for fear of deportation. □



An information packet and an American flag are placed on a chair at the U.S. Citizenship and Immigration Services Miami Field Office on Aug. 17, 2018, in Miami.

Associated Press

Interior Secretary Burgum must personally approve all wind and solar projects, a new order says

By MATTHEW DALY

Associated Press

WASHINGTON (AP) — All solar and wind energy projects on federal lands and waters must be personally approved by Interior Secretary Doug Burgum under a new order that authorizes him to conduct “elevated review” of activities ranging from leases to rights of way, construction and operational plans, grants and biological opinions.

The enhanced oversight on clean-energy projects is aimed at “ending preferential treatment for unreliable, subsidy-dependent wind and solar energy,” the Interior Department said in a statement Thursday. The order “will ensure all evaluations are thorough and deliberative” on potential projects on millions of acres of federal lands and offshore areas, the department said.

Clean-energy advocates said the action could hamstring projects that need to be underway quickly to qualify for federal tax credits that are set to expire under the tax-cut and spending bill that President Donald Trump signed into law on July 4. The law phases out credits for wind, solar and other renewable energy while enhancing federal support for fossil fuels such as coal, oil and natural gas.



Secretary of Interior Doug Burgum listens to President Donald Trump speak during a cabinet meeting at the White House, Tuesday, July 8, 2025, in Washington.

Associated Press

“At a time when energy demand is skyrocketing, adding more layers of bureaucracy and red tape for energy projects at the Interior Department is exactly the wrong approach,” said Stephanie Bosh, senior vice president of the Solar Energy Industries Association. “There’s no question this directive is going to make it harder to maintain our global (artificial intelligence) leadership and achieve energy independence here at home.”

In the legislation, Trump and GOP lawmakers moved to dismantle the 2022 climate

law passed by Democrats under President Joe Biden. And on July 7, Trump signed an executive order that further restricts subsidies for what he called “expensive and unreliable energy policies from the Green New Scam.”

That order was part of a deal the Republican president made with conservative House Republicans who were unhappy that the tax-cut bill did not immediately end all subsidies for clean energy. A group of Republican senators, including Alaska Sen. Lisa Murkowski and Utah Sen.

John Curtis, had pushed to delay phaseout of some of the credits to allow currently planned projects to continue.

Trump has long expressed disdain for wind power, describing it at a Cabinet meeting last week as an expensive form of energy that “smart” countries do not use.

Even with the changes approved by the Senate, the new law will likely crush growth in the wind and solar industry and lead to a spike in Americans’ utility bills, Democrats and environmental groups say. The

law jeopardizes hundreds of renewable energy projects intended to boost the nation’s electric grid as demand is set to rise amid sharp growth from data centers, artificial intelligence and other uses, they said.

“This isn’t oversight. It’s obstruction that will needlessly harm the fastest growing sources of electric power,” said Jason Grumet, CEO of the American Clean Power Association, an industry group. He called the move “particularly confounding” as lawmakers in both parties seek to streamline permitting for all sources of American energy.

‘Level the playing field’

The Interior Department said Thursday that Burgum’s order will “level the playing field for dispatchable, cost-effective and secure energy sources,” such as coal and natural gas “after years of assault under the previous administration.”

“American energy dominance is driven by U.S.-based production of reliable baseload energy, not regulatory favoritism towards unreliable energy projects that are solely dependent on taxpayer subsidies and foreign-sourced equipment,” said Adam Suess, the acting assistant secretary for lands and minerals management. □

Louisiana cancels \$3B repair coastal restoration funded by Deepwater Horizon oil spill settlement

By JACK BROOK

Associated Press

NEW ORLEANS (AP) — Louisiana officially canceled a \$3 billion coastal restoration funded by the Deepwater Horizon oil spill settlement money, state and federal agencies confirmed Thursday.

The Mid-Barataria Sediment Diversion Project had been intended to rebuild upward of 20 square miles (32 kilometers) of land in southeast Louisiana to combat sea level rise and erosion on the Gulf Coast. The money must be used on coastal restoration and it was not immediately

clear if the \$618 million the state has already spent will have to be returned, as federal trustees warned last year. Conservation groups and other supporters of the project stressed it was an ambitious, science-based approach to mitigating the worst effects of a vanishing coastline in a state where a football field of land is lost every 100 minutes. The project would have diverted sediment-laden water from the Mississippi River to restore wetlands disappearing due to a range of factors including climate-change induced sea level rise and a vast river

levee system that choked off natural land regeneration. “The science has not changed, nor has the need for urgent action,” said Kim Reyher, executive director of the Coalition to Restore Coastal Louisiana. “What has changed is the political landscape.”

While the project had largely received bipartisan support and was championed by Democratic Gov. John Bel Edwards, Republican Gov. Jeff Landry became a vocal opponent after taking office last year. He recoiled at the price and amplified concerns that the massive



The nearly \$3 billion Mid-Barataria Sediment Diversion project along the Mississippi River, intended to stave off coastal land loss in southeastern Louisiana, is seen during a flyover with the environmental coalition group Restore the Mississippi River Delta, Aug. 29, 2024.

Associated Press

influx of freshwater would destroy fisheries that local

communities rely on for their livelihoods. □

Trump won't recommend special counsel in Epstein investigation, spokeswoman says

By **ERIC TUCKER**

Associated Press

WASHINGTON (AP) — President Donald Trump will not recommend a special counsel in the Jeffrey Epstein investigation, a White House spokeswoman said Thursday, turning aside calls for further action in an inquiry that has roiled the Justice Department and angered supporters who had been expecting a treasure trove of documents from the case.

The rejection of a special counsel is part of an effort by the White House to turn the page from continued outrage from corners of Trump's base over the Justice Department's refusal last week to release additional records from the investigation into Epstein, a well-connected and wealthy financier who killed himself in jail in 2019 as he awaited trial on sex trafficking charges.

Officials also said Epstein did not maintain a much-hyped "client list" and said the evidence was clear he had died by suicide despite conspiracy theories to the contrary.

Trump on Wednesday sought to clamp down on criticism from his own sup-



White House press secretary Karoline Leavitt speaks with reporters in the James Brady Press Briefing Room at the White House, Thursday, July 17, 2025, in Washington.

Associated Press

porters about his administration's handling of the Epstein-related records, calling them "weaklings" who were being duped and characterizing the investigation as a "hoax" even though his hand-picked leaders at the FBI and Justice Department had long stoked public expectations that important information was being hidden.

The news organization Just the News published ex-

cerpts Wednesday from a Trump interview in which Trump said he would be open to having a special counsel look into "anything credible" related to Epstein, as well as other long-standing grievances he and his supporters have long raised.

But White House press secretary Karoline Leavitt appeared to close the door Thursday on a special counsel for the Epstein in-

vestigation, saying "the idea was floated from someone in the media to the president."

"The president would not recommend a special prosecutor in the Epstein case," she said.

Justice Department regulations allow for the attorney general to appoint and supervise an outside special counsel to investigate allegations of criminal wrongdoing in instances when

prosecutors might face a potential or perceived conflict of interest.

The department in recent years has appointed a succession of special counsels sometimes, though not always, plucked from outside the agency to lead investigations into politically sensitive matters, including into conduct by President Joe Biden and by Trump.

Last year, Trump's personal lawyers launched an aggressive, and successful, challenge to the appointment of Jack Smith, the special counsel assigned to investigate his efforts to undo the 2020 presidential election and his retention of classified documents at his Mar-a-Lago estate in Palm Beach, Florida.

A Trump-appointed judge agreed, ruling that then-Attorney General Merrick Garland had exceeded his bounds by appointing a prosecutor without Senate approval and confirmation, and dismissed the case. That legal team included Todd Blanche, who is now deputy attorney general, as well as Emil Bove, who is Blanche's top deputy but was recently nominated to serve as a judge on a federal appeals court. □

Man who sent Facebook message about committing a 2013 campus sexual assault pleads guilty

By **MARYCLAIRE DALE**

Associated Press

GETTYSBURG, Pa. (AP) — An American extradited from France to face charges that he sexually assaulted a fellow Pennsylvania college student in 2013 and later sent her a Facebook message that said "So I raped you" pleaded guilty Thursday.

Ian Cleary, 32, pleaded guilty to second-degree sexual assault more than a decade after Shannon Keeler says he sneaked into her first-year dorm at Gettysburg College on the eve of winter break and assaulted her. Cleary's guilty plea was the first

time she'd seen him since the assault.

"I had been thinking about this moment for 12 years,"

said Keeler, who clenched her husband's hand as Cleary was led into court by deputies.



Sexual assault suspect Ian Cleary departs from the Adams County Court House in Gettysburg, Pa., May 29, 2025.

Associated Press

She called it a surreal moment. A decade ago, a former prosecutor had declined the case.

"It's taken a lot of twists and turns to get to this point," said Keeler, now 30. "It took a lot of people doing the right thing to get us here."

Judge Kevin Hess set an Oct. 20 sentencing date. The two sides proposed a four- to eight-year sentence, which the judge can accept or not.

Keeler, in interviews with The Associated Press, described her decade-long efforts to persuade authorities to pursue charges, starting hours after the as-

sault.

She renewed the quest in 2021, after finding a series of disturbing Facebook messages from his account.

Cleary has been in custody since his arrest on minor, unrelated charges in Metz, France, in April 2024. A defense lawyer told the judge Thursday that Cleary experienced several mental health episodes there and was hospitalized around the time he sent the Facebook messages in 2019.

Cleary left Gettysburg after the assault and finished college in Silicon Valley, California, where he'd grown up. □

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Israel has refused to renew visas for heads of at least 3 UN agencies in Gaza

By EDITH M. LEDERER

Associated Press

UNITED NATIONS (AP) — Israel has refused to renew visas for the heads of at least three United Nations agencies in Gaza, which the U.N. humanitarian chief blames on their work trying to protect Palestinian civilians in the war-torn territory.

Visas for the local leaders of the Office for the Coordination of Humanitarian Affairs, known as OCHA; the human rights agency OHCHR; and the agency supporting Palestinians in Gaza, UNRWA, have not been renewed in recent months, U.N. spokesman Stephane Dujarric confirmed.

Tom Fletcher, U.N. head of humanitarian affairs, told the Security Council on Wednesday that the U.N.'s humanitarian mandate is not just to provide aid to civilians in need and report what its staff witnesses but to advocate for international humanitarian law.

"Each time we report on what we see, we face threats of further reduced access to the civilians we



Tom Fletcher, Under-Secretary-General for Humanitarian Affairs and Emergency Relief Coordinator at the Office for the Coordination of Humanitarian Affairs (OCHA), visits North Kivu's town of Buhumba, Democratic republic of the Congo, Thursday, June 26, 2025.

Associated Press

are trying to serve," he said. "Nowhere today is the tension between our advocacy mandate and delivering aid greater than in Gaza."

Fletcher said, "Visas are not renewed or reduced in duration by Israel, explicitly in response to our work on pro-

tection of civilians."

Israel's U.N. mission did not immediately respond to messages seeking comment about the visa renewals. Israel has been sharply critical of UNRWA, even before Hamas' Oct. 7, 2023, surprise attack in southern Israel ac-

cusing the agency of colluding with Hamas and teaching anti-Israel hatred, which UNRWA vehemently denies. Since then, Prime Minister Benjamin Netanyahu and his far-right allies have claimed that UNRWA is deeply infiltrated by Hamas and that

its staffers participated in the Oct. 7 attacks. Israel formally banned UNRWA from operating in its territory, and its commissioner general, Philippe Lazzarini, has been barred from entering Gaza. At Wednesday's Security Council meeting, Fletcher called conditions in Gaza "beyond vocabulary," with food running out and Palestinians seeking something to eat being shot. He said Israel, the occupying power in Gaza, is failing in its obligation under the Geneva Conventions to provide for civilian needs.

In response, Israel accused OCHA of continuing "to abandon all semblance of neutrality and impartiality in its statements and actions, despite claiming otherwise." Reut Shapir Ben-Naftaly, political coordinator at Israel's U.N. Mission, told the Security Council that some of its 15 members seem to forget that the Oct. 7 attacks killed about 1,200 people and some 250 were taken hostage, triggering the war in Gaza and the humanitarian situation. □

Burkina Faso ruling junta dissolves independent electoral commission

DAKAR, Senegal (AP) — Burkina Faso's military rulers have dissolved the country's independent electoral commission, authorities said.

Since taking power in a 2022 coup, the West African country's military leaders have launched sweeping reforms, including postponing elections that were expected to restore civilian rule.

The government passed a law late Wednesday abolishing the Independent National Electoral Commission, which is responsible for organizing elections, citing its high cost, Minister of Territorial Administration Emile Zerbo said

after a Cabinet meeting. Abolishing the electoral commission will reinforce the country's "sovereign control on the electoral process" and "limit foreign influences," Zerbo added.

The state run television broadcaster RTB said the interior ministry will take control of future polls.

The junta in Burkina Faso seized power in Sept. 2022 by ousting the military rule of Lt. Col. Paul Henri Sandaogo Damiba about eight months after it staged a coup to remove democratically elected President Roch Marc Kaboré.

The country is one of several West African nations where the military has taken over in recent years, capitalizing on popular discontent with previous democratically elected governments over security issues.

The junta had initially set a goal of conducting elections to return the country to democratic rule by July 2024 but last year it signed a new charter that allows the country's leader Capt. Ibrahim Traoré to remain in office until July 2029.

The transitional government has been running Burkina Faso under a constitution



Burkina Faso President Ibrahim Traore is seen at the Kremlin in Moscow, Russia, on May 10, 2025.

Associated Press

approved by a national assembly that included army officers, civil society groups

and traditional and religious leaders. □

El Salvador's top human rights group flees President Bukele's ongoing crackdown on dissent

By **MEGAN JANETSKY** Associated Press

MEXICO CITY (AP) — El Salvador's top human rights organization, Cristosal, announced Thursday it is leaving the country because of mounting harassment and legal threats by the government of President Nayib Bukele.

The organization has been one of the most visible critics of Bukele, documenting abuses in the strongman's war on the country's gangs and the detention of hundreds of Venezuelan deportees in an agreement with U.S. President Donald Trump.

Bukele's government has long targeted opponents, but Cristosal Executive Director Noah Bullock said things reached a tipping point in recent months as Bukele has grown empowered by his alliance with Trump. "The clear targeting of our organization has made us choose between exile or prison," Bullock said in an interview with the Associated Press. "The Bukele administration has unleashed a wave of repression over the past few months ... There's been an exodus of civil society lead-



Noah Bullock, director of the human rights organization Cristosal, center, gives a press conference in Guatemala City, Thursday, July 17, 2025, to announce that Cristosal is suspending their activities in El Salvador.

Associated Press

ers, professionals and even businessmen."

El Salvador's government did not immediately respond to a request for comment. Cristosal has been working in El Salvador since 2000, when it was founded by Evangelical bishops in order to address human rights and democratic concerns following the country's brutal civil war.

On Thursday, the human rights organization announced that it packed up its offices and moved 20 employees from the Central American nation to neighboring Guatemala and Honduras. Cristosal quietly got staff and their families out before publicly announcing they were leaving out of fear that they could be targeted by

the Bukele government. The decision came after its top anti-corruption lawyer Ruth López was jailed in June on enrichment charges, which the organization denies.

Cristosal's legal team has supported hundreds of cases alleging the government arbitrarily detained innocent people in its crackdown on gangs, and has

unlawfully detained Venezuelans deported from the U.S. López headed many of those investigations. In a court appearance in June, she appeared shackled and escorted by police.

"They're not going to silence me, I want a public trial," she shouted. "I'm a political prisoner."

For years, the organization said staff have been followed around by police officers, had their phones tapped by spyware like Pegasus, and been subject to legal attacks and defamation campaigns.

But López's court appearance was the moment that Bullock said he knew they would have to leave the country.

At the same time, the government has arrested more critics, while others have quietly fled the country. In late May, El Salvador's Congress passed a "foreign agents" law, championed by the populist president. It resembles legislation implemented by governments in Nicaragua, Venezuela, Russia, Belarus and China to silence and criminalize dissent by exerting pressure on organizations that rely on overseas funding. □

France withdraws from Senegal, ending its permanent military presence in West Africa

By **BABACAR DIONE** and **MARK BANCHEREAU**

Associated Press

DAKAR, Senegal (AP) — The

French military completed its withdrawal from Senegal on Thursday, the last West African country where it

maintained a permanent troop presence, amid waning regional influence in recent years.

France has faced opposition from leaders of some of its former colonies in Africa over what they described as a demeaning and heavy-handed approach to the continent. The French military handed over Camp Geille, its largest base in Senegal, along with a nearby air facility, to the Senegalese government during a ceremony in the capital, Dakar.

Gen. Pascal Ianni, head of French forces in Africa, said the handover marked a new phase in military ties. "It is part of France's decision to end permanent

military bases in West and Central Africa, and responds to the Senegalese authorities' desire to no longer host permanent foreign forces on their territory," he said.

Senegal's military chief, Gen. Mbaye Cissé, said the withdrawal supports the country's new defense strategy.

"Its primary goal is to affirm the autonomy of the Senegalese armed forces while contributing to peace in the subregion, in Africa, and globally," Gen. Cissé said.

The ceremony marked the completion of a three-month withdrawal of roughly 350 French troops from the West African country,

which began in March.

France's military had been present in Senegal since it gained independence from France in 1960, under military cooperation agreements between the two countries.

The withdrawal followed a call by Senegalese President Bassirou Diomaye Faye last year for all foreign troops to leave, citing Senegal's sovereignty as incompatible with hosting foreign bases.

Senegal's new government has taken a hard-line stance on the presence of French troops as part of a larger regional backlash against what many see as the legacy of an oppressive colonial empire. □



Members of a French military flight crew talk on the tarmac at France's military air base in Dakar, Senegal, Tuesday, June 2, 2009.

Associated Press



For a small island, Aruba sure has a lot of unique treasures. Among these, we have some subspecies of animals that are unique to our island. These have evolved to perfectly adapt to our desert climate and make Aruba their home. At the same time, they are part of what makes Aruba truly one of a kind.

Cascabel (rattlesnake, *Crotalus durissus unicolor*)

According to the Arikok National Park, Aruba knows two kinds of snakes, the Santanero and the Cascabel. The cascabel belongs to the rattlesnake family. The cascabel is the only venomous snake from Aruba. It has a length of 65cm to 100cm, and is about 4 to 5cm wide. Its color varies from light brown to grey-brown, and its underbelly is white. On its back there are marks that are a little darker, in the shape of diamonds.

Its reproduction is oviparous, meaning the offspring can hatch from their eggs just before, during or immediately after laying.

The cascabel lives mainly in the Arikok National Park. It likes to live in dark places, and is thus found hidden among the limestone rocks and under stones. As a defense mechanism, the cascabel uses its rattle as a warning, and it is not an aggressive animal.

The cascabel feeds on lizards, small mammals such as rats and mice. It paralyzes or kills its prey with its venom, which is injected through a bite. The enemies of the casca-

bel are donkeys, goats, humans and cars. Humans are the biggest enemy of the cascabel, as they kill them and destroy their habitat for urbanization.

Shoco (burrowing owl, *Athene cucularia arubensis*)

The shoco is a small bird which is seldom seen. They are active during the day but are more active later in the day and at night for hunting. These owls have very good night vision and very good hearing. The shoco is the national symbol of Aruba.

The shoco has about 20cm of length, and the females are slightly heavier than the males. They are light brown in color, with many white spots. The belly of the Shoco is either white or light brown, and the shoco has striking yellow eyes. Its beak is yellow/green. Young owls do not have white spots and are lighter in color. The nest of the shoco is a burrow in the ground. If the shoco cannot find a burrow, it will dig one in soft soil. The shoco lays one or two eggs every other day until all the eggs are laid – a shoco can lay up to four eggs. The first owlets hatch after three to four weeks. The shoco owl takes care of the owlets for three months until they leave the nest. Only a few owlets survive.

The owls dig burrows in the ground with low grass vegetation. An owl can live up to nine years.

Its defense mechanism is simply to fly away or retreat to its burrows. They eat mostly insects, mice and

Unique fauna of Aruba

lizards, and the main threats to their survival are boas – an invasive species introduced by humans as pets – and humans through destruction of their habitat.

Prikichi (parakeet, *Aratinga pertinax*)

The Prikichi is the national bird of Aruba. On Aruba, Bonaire, and Curaçao, parakeets can be found, but each of the three islands has a different breed. The Yellow-shouldered Amazon parakeet that we have on Aruba is also found along the coast of Venezuela. Unfortunately, there is interbreeding between the breeds due to cage birds from, for example, Curaçao being released on Aruba. The parakeet population on Aruba is in danger due to extensive deforestation occurring on the island because of the growing population.

The prikichi weighs between 90 to 100 grams. It has a greenish-brown head with some yellow around the eye. The back and wings of the parakeet are dark green, and the underside of the body is a lighter shade of green. There is also a bit of blue in the wings. The parakeet's beak is gray/black.

Parakeets often use termite nests as breeding sites. Parakeets are found in all natural environments (mondi) of the island. It defends itself by flying away and loud cries. Parakeets eat seeds from the pods of the Kwihi tree, Divi Divi, and columnar cactus. They also consume natural fruits. Its main predators are boa constrictors, humans.

Conew (cottontail rabbit, *Sylvilagus floridanus nigronuchalis*)

The Eastern Cottontail rabbit (*Sylvilagus floridanus*) was probably brought over to the island by Indian settlers thousands of years ago as a source of food. This rabbit, locally known as Conew, has spread all over the island and has become part of our ecosystem. The very adaptable Conew can live in

a wide variety of habitats, including Aruba's xeric scrublands, where it typically grazes on weeds and grasses.

The Aruban Conew has a brownish grey color and a distinctive white belly. This white fur extends to the bottom of the tail which becomes visible as the rabbit runs. These rabbits can grow up to approximately 40 centimeters in length over their short lifespan of 3 years. Cottontail rabbits reach reproductive maturity when they are just 2 to 3 months old. A female rabbit, called a doe, finds a suitable nest spot under a shrub or rocks and lines it with fur. She can have an average of 3 to 4 litters per year averaging 5 young each. The doe only visits her young once or twice a day to nurse her babies for a period of 2 to 3 weeks. The young reach independence at 4 to 5 weeks.

The Aruban Conew is an endangered species and protected by Aruban law. The Conew is thought to have drastically declined due to an increase in human activities, habitat fragmentation and predation by the invasive Boa constrictor as well as feral cats and dogs. However, recently there seem to be more rabbit sightings in rural and wilderness areas and also in the National Park. This could be linked to a recent decline of the invasive Boa population after the long period of drought. As the Conew can reproduce very quickly, a short break in predation pressure can lead to a fast increase of rabbits. Sadly, the Boas are back on the rise again with the truly wet rainy seasons we have recently experienced. This could cause a new decline in the Conew population that was just starting to recover.

These are but a few of Aruba's beautiful inhabitant, which we must all contribute to protect. For more information, visit <https://www.arubanationalpark.org/main/flora-fauna/> □



Aruba to me

ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give permission to The Aruba Today Newspaper, Caribbean Speed Printers and any of its affiliated companies to use said materials, as well as names, likeness, etc. for promotional purposes without compensation. Last but not least: check out our website, Instagram and Facebook

page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from Richard Mayo from Maine, USA.

He wrote to us saying: "Aruba to me is the enjoyment of interacting with the fantastic, warm, open, and friendly people living in Aruba. I have been coming to this paradise since 1986 and stayed at over twenty-five places during those years. I have been fortunate to be invited to birthday parties, a graduation, and several family barbecues."

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! □



Aruba's Nature is to be Cherished

ST. CRUZ — The national park Arikok comprises almost 18 % of the island. Its rugged terrain, desert-like hills filled with tall cacti, breathtaking coastline and protected local flora and fauna welcome you to be explored. There is numerous wildlife to discover like for example the sea turtle who lays his eggs on the park's beaches. There are more places on the island that are a preserved area like the Bubali Plas which is a bird sanctuary.

The national park Arikok takes you on a memorable journey of the islands past offering unique geological, cultural and historical sites. These can all be enjoyed and explored either on your own or during guided tours. A wide variety of educational and informative programs and fun activities is

available.

Did you know that four of the in total seven species of sea turtle lay their eggs on Aruba's beaches? In the national park, a Least Tern (*Sterna antillarum*) keeps a strict eye on a very special event taking place below on the beach: a majestic Leatherback (*Dermochelys coriacea*) heads back to sea after laying her eggs, while another nest laid 2 months ago by the same female hatches. A very rare occurrence of daytime nesting and hatching. Sea turtles prefer nesting in the cool and dark hours of the night. And hatchlings usually wait for the cue of cooling surface sand before emerging.

Bubali Magic

This beautiful close-up image of the pink bird is courtesy of Michiel Oversteegen of the Aruba Bird-



life Conservation. This important foundation showcases and builds awareness of Aruba's birds and other native flora and fauna. You may have seen a 'pink cloud' lately at the Bubali or Spanish Lagoon Wetlands areas? It's most likely to be Roseate Spoonbills (Ajaia ajaja) or 'Chucharon Cora' as they are known in Papiamentu. This unusual looking bird forages in shallow muddy water while sweeping its flattened bill from side to side to catch small fish, crustaceans and other aquatic invertebrates. The Roseate Spoonbill remains an uncommon sight as they are vulnerable to degradation of feeding and nesting habitats (Wetlands). (Source: arikok national park)

The aforementioned is just a part

of what Aruba's nature has to offer. We cannot stress enough to go, see for yourself. The island has the most beautiful beaches but it is also worthwhile to go beyond this and get an idea of our entire island. Lately there is a discussion going on about the effect certain activities have on our nature, for example the ATV vehicles cause a lot of dust, noise and leave tire tracks. Animals live in these areas where the vehicles run, often with high speed and with detrimental consequences to flora and fauna. Motorized vehicles are forbidden to drive on the sand dunes in the Northern part of the island and all beaches in Aruba are forbidden for any motorized vehicle. Treasure our island to enjoy it like you do: as a tropical and natural paradise. We truly appreciate it! □

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Visit the natural bridges of Aruba!



(Oranjestad) — After you've visited the Alto Vista Church, the Bushiribana Gold Mill Ruins and the mini natural pool that is located right next to it, you're next up around the northern coast line must be the Natural Bridge. Once the largest natural bridge in the Caribbean, this bridge has been a tourist attraction for many years.

The bridge was formed during thousands of years, cut and crafted by the wild waves that crash into the coral stone walls of the coast. Before its collapse, this bridge measured 30 meters in length and 7 meters in height, making it the biggest natural bridge in the Caribbean at the time. For many years, this site was

also a frequently visited beach, as the bridge had a small opening through which the water would flow into the tiny beach.

Unfortunately in 2005, the bridge collapsed, and the little beach dried up. Despite this, this site remained a tourist attraction, with many visitors walking along the coral cliffs of the bridge to see the spectacular view of the northern coastline and the Caribbean Sea. Visitors can also still visit the souvenir shop on the left of the bridge entrance.

While the natural bridge no longer is functional, there is now a smaller natural bridge very close. This bridge is often called the "Baby Bridge" or "Daughter Bridge".



Feeling parched? Grab refreshment by the side of the road!



(Oranjestad)—Touring the island in the blistering heat can leave one feeling rather thirsty and looking to cool off. Luckily there are a few stands along the roads of Aruba that can offer you just what you need: a nice, refreshing beverage!

These "coconut stands" can be found at several locations on the island, where you can cool off with delicious smoothies, drinks, snacks, and of course, fresh coconuts! Perfect during family outings around the island, these stands can be found in the following locations:

- Near the red Anchor in San Nicolas
- On the Linear Park in Oranjestad (in front of airport runway)
- At the California Light House hill
- Bushiribana Gold Mill Ruin
- Bushiribana Beach (Near the Ling & Song Supermarket)

Meet our Aruban trailblazers: Padu Lampe

(Oranjestad)—This week we remember one of our most beloved Aruban giant, Juan Chabaya Lampe—better known as Padu Lampe or Padu del Caribe. As one of the most important and renowned artists in the Aruban cultural sphere, Padu's long career led him to be honored today as "the father of culture."

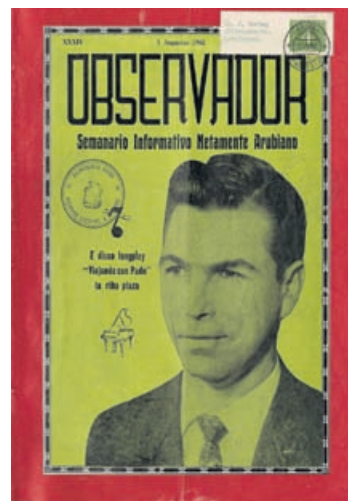
On April 26th, 1920, Juan Chabaya Lampe "Padu Lampe/Padu del Caribe" was born in Nassastraat, Oranjestad. He grew up in a happy musical environment, and it is because of this that he developed a love

for music. Starting from the age of 12, he was agile in the clarinet, mandolin and cuatro. Henry Lampe, his father, was also a well-known pianist and musician. In a publication of the informative seminar, "Observer", from august 1st, 1962, Padu's many merits and friendly personality stood out. It was said that he was an excellent pianist with a personal style and full of surprises. Secondly, though the composer was not too familiar with music theory, he showed innovations in his compositions. Lastly, Padu was a promoter of Creole music around the world.



One of the most important moments in Aruban history, in which he was able to witness first-hand, was the first radio broadcast on the island on March 20th, 1954. Here, he was accompanied by Antillean guitarist Julian Coco and Hubert "Loi" Booi. In the art world, Padu was also a known painter. During his youth, he made several painting using his unique style. In 1939, he participated in an art exhibit in New York, where he won a bronze medal for his painting "Typical View of Aruba."

Padu remained a popular artist within the Dutch Antilles and the Caribbean as a pianist, singer, author and painter. Padu Lampe was a local artist who became renowned in Venezuela, Colombia, The U.S. and The Netherlands too. In the 1950s, he sold no less than 50 thousand copies of his long-playing albums (LPs). Padu Lampe was a multifaceted artist, inspired by his interest in parapsychology and supernatural phenomenon. He wrote three books in Papiamentu on the subject in 1986, which was published



by the Aruban National Printing Press with sponsorship provided by the Prince Bernhard Funds Netherlands Antilles.

Besides that, Padu passed his exam on "Society to Advanced Ethical Hypnosis" in 1964 in New Jersey. He received a certificate as a hypnotechnician, which gave him the authority to practice hypnosis in some states.

Over the course of his career, he received many accolades and awards in Aruba, Curacao, Venezuela and the Netherlands.

Padu del Caribe passed away on November 29th, 2019, at the age of 99 years old. Padu brought the Aruban culture around the world. His legacy will remain

ingrained in the Aruban cultural history, and he will be known forever as one of the most influential trailblazers of our community.

Padu will always be in Aruba's heart, because he had composed various special songs dedicated to the mothers of the island; his song "Sonrisa di un baby" ("A baby's Smile") has been written in three different languages. Padu also wrote our national anthem "Aruba Dushi Tera", along with Mr. Rufo Wever. This song was approved by the government of Aruba and was named the official anthem of the island in 1976. Other songs that have been considered as being almost a second anthem for Arubans is the special composition he wrote for his wife Daisy Croes called "Abo so". Daisy later passed away in 1994. □

Cas di Torto



ORANJESTAD - Cas di torto (also called cas di lodo or cas di bara) is a traditional building technique from Aruba. It refers to a type of houses made of mud with rounded corners. These houses were usually found around the plantations. The few structures that still exist are the oldest structures that are left standing in the country.

The technique probably came over from the Venezuelan Paraguaná Peninsula in the 18th century. Existing houses date back 150 years. Until 1925 many houses on Aruba were built using this technique, afterwards it fell into disuse. In 2005 there were 62 cas di torto houses left, of which only four were in good con-

dition. The skeleton of the houses is made up of round wooden poles placed with distances of 1.5 feet between them. Branches are interwoven between them, completing the structural support. On this basis, loam is applied, mixed with sand, water and para grass. This is then coated with aloe vera juice, which gives the white colour and helps to protect against the weather. On top of the poles pieces of wood are fitted that serve as the base for the roof beams. Until 1815 the roofing usually consisted of corn (maize) stems, afterwards the nuclei of columnar cacti were used. The floor is made of loam, mixed with cement or cow dung. The houses were usually divided into a kitchen, a living room, a porch and a bed-



room. In the kitchen would be a wooden or metal barrel for storing water that was collected in small rain ponds. Around this barrel a thick loam wall would be erected. Often large fami-

lies would live in these houses; people would sleep on mats on the floor. If you visit the Arikok National Park you will be able to see a very nice cas di torto. □

In celebration of 200 years of the Aruban gold rush: Get to know the history of the gold industry on Aruba



(Oranjestad)—This year we celebrate a few milestone anniversaries on Aruba, one of them being the 200th anniversary of when gold was first discovered on the island. We have talked about the Bushiribana Gold Mill Ruin before and its brief history during the gold industry on Aruba, but get to know a little more about the history of the “Aruban Gold Rush.”

The first hint of gold on Aruba actually dates back to 1725, when rumors about gold being found in dug up treasure chests of the Spanish colonial era prompted the first official exploration for gold on the island, commissioned by the Dutch West India Company. Under the leadership of Mr. Paulus Printz, a three-year search was conducted on Aruba, to no avail. Though they found some specks of gold, it was not enough to motivate a further search, and the assignment was discontinued by Printz himself. It wasn't until 100 years later, in 1824, when a young farmer boy named Willem Rasmijn found a lump of gold while out herding his father's sheep in the area of Rooi Fluit on the north coast. His father took it to a local merchant who then sold the lump for \$70. Unbeknownst to the boy and his father, they quite literally struck gold, and as word got out, a gold fever spread among the locals who started searching for more gold.

When the colonial governor in Curacao, Governor Cantz'laar, heard about the news, he sent his adjutant, Capitan van Raders, to start harvesting gold. This was in July 1824. In August of that same year, the governor followed suit to the island, accompanied by high-ranking military officials. When citizens started swarming the area in search for gold, The Netherlands sent more troops to safe guard the gold.

Prominent places where gold was found was in Daimari, Wacobana, Arikok, Rooi Fluit, Hadicouradi and later West punt, where gold ore was found. Because of a lack in advanced technology and materials to harvest the gold, the process took a more primitive approach: Clay rocks containing traces of gold were left to dry in the sun. Then, workers would start chipping the clay away on a large canvas to catch the gold particles that were left behind after the wind blew away the dust from the clay.

In the harvest period of 1824-1825, there was a total of 71,000 kilos collected through commissioned harvesting. Locals themselves reportedly found about 25 pounds worth of gold in the nearby rivers. The following years after that first big harvest, commission work fell off, and in 1828, the director of the goldmines, Johan Gravenhorst, decided to halt harvesting.

Almost 40 years later, the London-based Aruba Island Gold Mining Company Ltd. was granted concession. The firm built their gold mines on Bushiribana, and in the port of Oranjestad a long road that connected the gold mill to the port. The ores themselves came from Sero Plat en Sero Cristal.

By this point, workers were still using primitive methods to harvest the ores. For example, when someone had to go into the mines, there were no stairs or lifts; the person had to be brought down in a big bucket, with two or more workers holding the bucket by a thick rope above ground. Aruba Island Gold Mining Company Ltd. reportedly operated until 1899, and right after the Aruba Gold Concession Ltd. was established, coincidentally also based in London. This time, the gold mill in Balashi was built, and more mines were dug up all around the island. The gold ores that were found were transported via track engine, locally called the “trekinchi”. Despite being more equipped for the job, the Aruba Gold Concession Ltd. could not produce any real profit, and so the concession was terminated just eight years later, in 1908.

A local firm, the “Aruba Goud Maatschappij” (Aruba Gold Company) took over the concession, along with all the materials and equipment. In the beginning, the company saw good profit, and for a while, the island's economy depended primarily on the mining and harvesting of gold. But just like its predecessors, the streak of luck for the Aruba Gold Company came to an end when WWI broke out.

The main reason why production stopped this time was reportedly because of a lack in dynamite for extracting the ores from the mines, as well as a lack in raw materials like German cyanide for the refining process. By the time the war ended, the equipment that was left at Balashi were too old to use again. After the war, gold production on the Aruba was left to a standstill.

According to an issue in Aruba Esso News paper in 1953, Henny Eman wanted to start up digging again, this time using independent miners. He argued that there was proof of more gold to be discovered. Plus, hiring independent miners would boost the island's employment rate.

When it was proven that gold was in fact still present, the executive board on the island promised to fund the project only if the gold dug up proved to be valuable. However, nothing else was reported after this, so it could be concluded that there was no real profitable market on the island anymore.

The ruins of the Bushiribana and Balashi Gold Mills are still standing, and open for the public to visit. These structures offer a glance into the past, to a time where Aruba experienced one of its first wave of industrialization. Today, these structures are persevered as historical monuments. □

Source:

1. “De Kolibrie op de Rots (en meer over the geschiedenis van Aruba)” by Evert Bongers.
2. Aruba Esso News, 1953 issue.

CROSSWORD

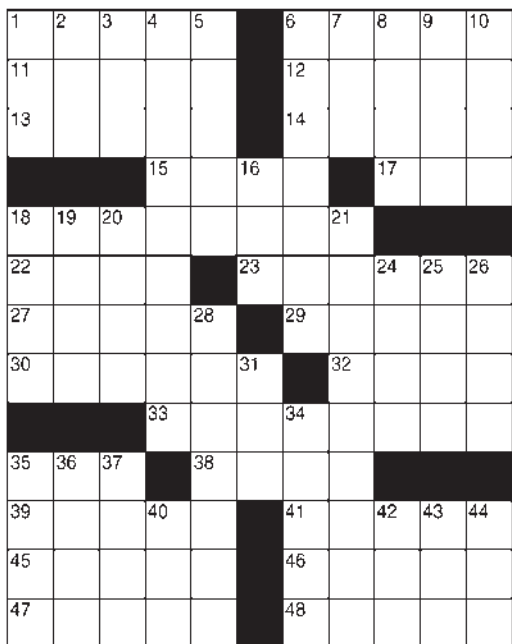
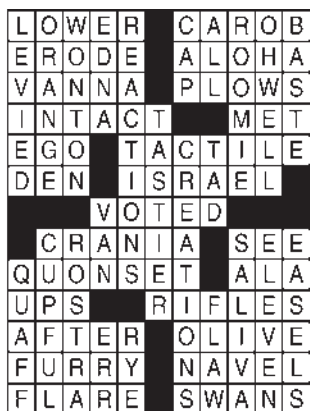
By THOMAS JOSEPH

ACROSS

- 1 Post-surgery regimen, for short
6 This symbol: ,
11 "Once upon — ..."
12 Be patient for
13 Florida city
14 Slow tempo
15 Continental coin
17 Slangy agreement
18 Appetizers
22 Red-ink amount
23 Cinco de Mayo event
27 Group of top players
29 Online messages
30 Trail mix bit
32 Land in the sea
33 Soaks
35 Femur's upper end
38 Harry Belafonte hit
39 Boise's state
41 Fill with joy
45 Subject

DOWN

- 1 Mouse's cousin
2 Greek vowel
3 That fellow
4 This symbol: &
5 Hum-dinger
6 Diet unit
7 Have debts
8 Quite a few
9 Spider's kin
10 Resting on
16 Game caller
18 Open-handed hit
19 Carryall
20 On the ocean
21 This symbol: ;
24 Robe feature
25 Mosaic piece
26 Pub orders
28 Writer Iris
31 Brewed drink
34 Russian denials
35 Top 10 records
36 Pop star
37 One of a bear trio
40 That fellow's
42 Really impress
43 Golf support
44 Mess up



7-24

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

7-24

CRYPTOQUOTE

NCM DIWH SJGRUQ ACCWGRU

QNCVKJQ, TYJGACMQ TRO

UGWWHXWCVKJQ. — QTJT

ACWKJGOUK

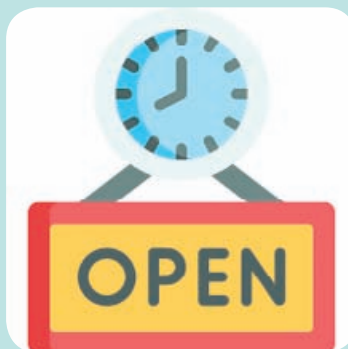
Cryptoquote: NO PERSON IS YOUR FRIEND WHO DEMANDS YOUR SILENCE, OR DENIES YOUR RIGHT TO GROW. — ALICE WALKER

Cruise ship Schedule: July 17 - 30 2025

			ARR	DEPT	BERTH	
THU	17	CARNIVAL CELEBRATION	08.00	17.00	C	1
SUN	20	FREEWINDS - Dept.	****	22.30	E	-
TUE	22	CARNIVAL HORIZON	09.00	23.00	C	1
WED	23	CELEBRITY REFLECTION	07.00	16.00	C	1
		FREEWINDS	06.00	****	E	1
SUN	27	FREEWINDS - Dept.	****	22.30	E	-
WED	30	RHAPSODY OF THE SEAS	08.00	23.00	C	1
		FREEWINDS	06.00	****	E	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Supermarket hours

Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 8 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

		6		8		9	7	
	2				5			
9			6					1
4					8	7	6	
5		2			1	3		4
	6		8		3		1	
	9			2			3	6
	5			1		4		7

Difficulty: ★★★★★

7/18

Answer to previous puzzle

1	5	3	2	8	6	9	7	4
4	7	6	3	1	9	8	2	5
8	9	2	7	4	5	3	1	6
3	1	7	4	6	8	5	9	2
2	8	9	1	5	7	4	6	3
6	4	5	9	2	3	7	8	1
7	2	8	6	3	4	1	5	9
9	3	1	5	7	2	6	4	8
5	6	4	8	9	1	2	3	7

Difficulty: ★★★

7/17

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U.S. ice cream makers say they'll stop using artificial dyes by 2028

By JONEL ALECCIA
AP Health Writer

Ice cream makers representing about 90% of the U.S. supply of the frozen treat have pledged to remove artificial dyes from their products in less than three years, federal health officials said Monday. The move is the latest voluntary effort by food manufacturers to heed calls from the Trump administration to remove synthetic dyes over concerns about potential health effects. In recent weeks, companies including Nestle, Kraft Heinz and General Mills said they would pull artificial colors from their foods, too.

"This is a Renaissance moment for health in America," U.S. Food and Drug Administration Commissioner Marty Makary said at a news conference.

About 40 makers of ice cream and frozen dairy desserts said they would remove seven petroleum-based dyes from their products by 2028, according to Michael Dykes, president of the International Dairy Foods Association. The colors are Red 3, Red 40, Green 3, Blue 1, Blue 2, Yellow 5 and Yellow 6. The trade group wouldn't identify the firms, although Turkey Hill Dairy chief executive Andy Jacobs joined the gathering. The national focus on artificial food dyes is

"a good step to take," but officials should not ignore larger known contributors to chronic disease, including the added sugars and saturated fat commonly found in ice cream, said Deanna Hoelscher, a University of Texas nutrition expert. □



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GOLD SEASON

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2 Bed Ocean View: \$14,500
2 Bed Garden View: \$13,000
3 Bed Ocean View: \$30,000

Marriott Aruba Ocean Club

PLATINUM SEASON

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1 Bed Ocean Front: \$23,000
1 Bed Ocean View: \$17,500

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Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

TRAVEL INFO

Aruba Airport	524 2424
American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

Aruba Food Bank
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FAVI- Visually Impaired
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Alcoholics Anonymous
Tel. 736 2952
Narcotics Anonymous
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ARUBA TODAY NEWS

How to clean keyboard grunge, earwax in earphones and screen smudges

By **KELVIN CHAN**
AP Business Writer

LONDON (AP) — Smartphones, laptops, headphones and other electronic devices are essential for work and play in our daily lives. But all that time spent typing, scrolling or listening also means our devices gradually accumulate grime that needs to be cleaned off.

You might not give much thought to cleaning your devices but there are reasons you should, says Logitech, which makes keyboards, webcams and other computer peripherals.

"Regular cleaning and proper maintenance not only keeps your gadgets looking pristine, and wins you hygiene points, it also helps them perform better and last longer," the company says. "In the case of devices like earbuds, the accumulated bacteria and debris may even cause health issues or discomfort."

Here are some pointers on cleaning your tech:

Getting started

Always check if the manufacturer has any specific guidelines for cleaning. Assemble some basic equipment and material for cleaning, which should include a soft and lint-free cleaning cloth, like a microfiber cloth; cotton swabs; a soft-bristled brush like a toothbrush, paintbrush or makeup brush; compressed air and isopropyl alcohol.

Isopropyl, or rubbing alcohol, is a non-toxic cleaning solvent that's antiseptic and antibacterial. It's popular for cleaning electronics because it doesn't leave any residue and dries quickly. But you might want to wear gloves to avoid skin irritation. Drip some of it on a cloth instead of pouring it directly onto your device. Also heed some of the more specific warnings below.

Water and mild soap can be useful for cleaning dirty surfaces, but isopropyl alcohol is recommended for cleaning the internals of a



Miralys Maura Cruz sports long, decorative nails as she chats on her phone at home in La Gallega, Havana province, Cuba, Saturday, June 28, 2025.

Associated Press

device, said Alex Diaz-Kokaisl, senior technical writer at electronics repair company iFixit.

"While there isn't a hard-and-fast rule for cleaning electronics, we generally use high-concentration isopropyl alcohol (more than 90%) because it evaporates quickly," he said. "The faster a liquid evaporates, the less likely it is to affect any components that conduct electricity."

For whatever device you're cleaning, disconnect or power it off first. Remove any cases, plugs, covers and accessories.

Computers and laptops

When using a computer, the keyboard and mouse are the parts that are touched most often and therefore need the most frequent cleaning. And all those crevices between a keyboard's keys are sure to catch crumbs.

To remove any loose debris, iFixit's official in-house cleaning guide recommends using a can of compressed air. Run the spray back and forth across the keys to blow out any bits. If possible, hold the keyboard upside down so the debris falls out.

If you don't have compressed air, Logitech suggests using a hair dryer on

the cold air setting. Some social media users also recommend a handheld balloon pump.

Next, dampen a cleaning cloth with water and gently wipe down the keyboard and mouse.

Logitech says you can also use rubbing alcohol but recommends you test it first on an inconspicuous spot to make sure it doesn't cause discoloration or scrub the lettering off the keys.

Anti-bacterial baby wipes can also work on devices like a mouse, Diaz-Kokaisl said.

"There shouldn't be enough liquid to seep through cracks in the shell, and their residue typically evaporates faster than just using soap and water," he said.

For laptop screens or external monitors, use a dry microfiber cloth to gently wipe away fingerprint smudges.

If there are more stubborn spots like food stains or sneezy spatters dampen the cloth with distilled water or a 50/50 solution of distilled water and vinegar.

Computer maker Lenovo says the "gentle acidity of vinegar can help break down oils and fingerprints." Avoid using household glass cleaners, which can

contain ammonia that could damage the screen. The same goes for paper towels, which can scratch the screen. HP also warns against using rubbing alcohol.

AirPods and earphones

A lot of people listen to music or podcasts through their earbuds, but that also means they'll need regular cleaning to remove any earwax, natural skin oils or other grungy buildup.

If the earbuds have silicon tips, remove them. Cleaning procedures vary depending on your brand and model. Logitech and Bose recommend using soapy water. But Sony warns against water or wet wipes because they can speed deterioration, and, instead, advises using a dry cloth.

Use a cotton swab to wipe the earbud nozzles clean. Owners of Apple AirPods need to follow a much more elaborate procedure to clean the mesh. You'll need a child's toothbrush, two small cups, a paper towel, distilled water, as well as micellar water typically used as a facial cleanser.

Pour some micellar water into a cup, dip the toothbrush, brush the AirPods' various mesh parts, and

then blot them dry with the paper. Repeat twice. Then repeat that procedure but using the distilled water to rinse off the micellar water. Finally, let the AirPods dry for at least two hours.

To clean the rest of the AirPods' body, use a damp cloth. And don't forget about the charging case. Apple recommends brushing out any debris and then wiping with a dry cloth. If needed, dampen it with isopropyl alcohol.

What about over-the-ear headphones? Bose says you should wipe them down at least once a week, especially after working out, to remove any dirt and bacteria hiding in the nooks and crannies. Remove the pads and use a cloth dampened with soapy water to clean them.

Smartphones

Apple has issued specific instructions on its website for cleaning various iPhone models. Samsung has posted similar guidelines for its Galaxy lineup.

They both advise using a soft, lint-free cloth, such as a lens cleaning cloth, to gently wipe the outside of the phone. Apple warns against using any cleaning products, which could erode the oil-repellent coating that most iPhones come with.

Both companies say it's OK to use disinfectants such as rubbing alcohol to gently clean the exterior, but avoid bleach or hydrogen peroxide. □



Phil Mickelson and Lee Westwood lead surprising days of the 'older gentlemen' at British Open

By DOUG FERGUSON

AP Golf Writer

PORTRUSH, Northern Ireland

(AP) — Phil Mickelson delivered more magic Thursday in the British Open, leaving one shot in a bunker and holing the next one from 75 feet away for an unlikely par. He tipped his cap. He gave a thumbs-up to the crowd.

It looked like the Mickelson of old, especially with all that gray stubble in his beard.

Mickelson, who opened with a 1-under 70 at Royal Portrush, already holds the major championship record for oldest winner, capturing the 2021 PGA Championship at Kiawah Island when he was 50.

Now he's at the oldest championship in golf, the one that least discriminates against age. The Open is where 53-year-old Greg Norman had the lead going into the final round at Royal Birkdale in 2008, and more famously where 59-year-old Tom Watson was an 8-foot putt away from winning at Turnberry in 2009.

Mickelson, 55, was among three players 50 or older who broke par in the open-



Phil Mickelson of the United States acknowledges the crowd as he walks off the 1st tee after playing his shot during the first round of the British Open golf championship at the Royal Portrush Golf Club, Northern Ireland, Thursday, July 17, 2025.

Associated Press

ing round, joining 53-year-old Justin Leonard (70) and 52-year-old Lee Westwood (69).

"The Open gives the older gentlemen a chance to win more than any other tournament," Westwood said after a day in which he was tied for the lead early in the round until a few bogeys dropped him back.

Westwood is playing the

British Open for the first time since he joined Saudi-funded LIV Golf in 2022, going through final regional qualifying three weeks ago to earn a spot in the field.

He has yet to win in LIV Golf and his results would suggest he is riding out the rest of his career. And then he showed up at the major he first played in 1995. Scottie Scheffler was not even

born then and found some form.

Links golf helps.

"There's not the premium on carrying traps. They don't make it unplayable for us older guys with length," Westwood said. "You can use your experience, guile and cunning on them."

Westwood tripped over his words on the Sky Sports in-

terview and then added, "Not easy to say, but easy to use at our age."

Mickelson, who has not won since that historic day at Kiawah Island, had missed the cut in all three majors this year. He still has five more years playing the British Open as a champion at Muirfield in 2013.

He started strong with a deft touch with his wedge to easy birdie range on the par-5 second, but the real Lefty showed up on the next hole when he put his tee shot into a bunker, plugged and not far from the steep lip.

The first attempt barely got out, rolling on the edge of grass before tumbling back into the bunker. It looked like a bogey at best. But then he splashed out, carrying it some 25 yards and about 10 feet to the left, and the shot had enough side spin to drop into the cup.

He raised both arms. Mickelson loves moments like these, and he's had plenty of them.

"That was a crazy one," Mickelson said. "It was really one of maybe two poor shots I hit, that bunker shot that buried in the lip. □"

Caitlin Clark pulls out of All-Star weekend because of groin injury

By DOUG FEINBERG

AP Basketball Writer

INDIANAPOLIS (AP) — Caitlin Clark is out of All-Star weekend.

The Indiana Fever guard injured her right groin on Tuesday night in the final minute of the team's win over the Connecticut Sun. She said Thursday in a message posted on X that she had to rest her body.

"I am incredibly sad and disappointed to say I can't participate in the 3-Point Contest or the All-Star Game," Clark said in the message posted by the Fever. "I have to rest my body. I will still be at Gainbridge Fieldhouse for all the action and I'm looking forward to helping (Liberty coach Sandy Brondello) coach our team to a win."

Clark was supposed to compete in a loaded 3-point contest Friday night and is captain of one of the All-Star teams. The second-year guard was the leading vote getter from the fans and has been a huge reason the league has had a boon in attendance and ratings over the last two seasons.

The WNBA announced that Brittney Sykes of Washington will replace Clark in the All-Star Game. They haven't announced a replacement for her in the 3-point contest.

Clark sat out the Fever's 98-77 loss against New York. Fever coach Stephanie White said Clark had imaging done Wednesday afternoon and deferred to the team's training staff for

more details except to say that she considered it good news.

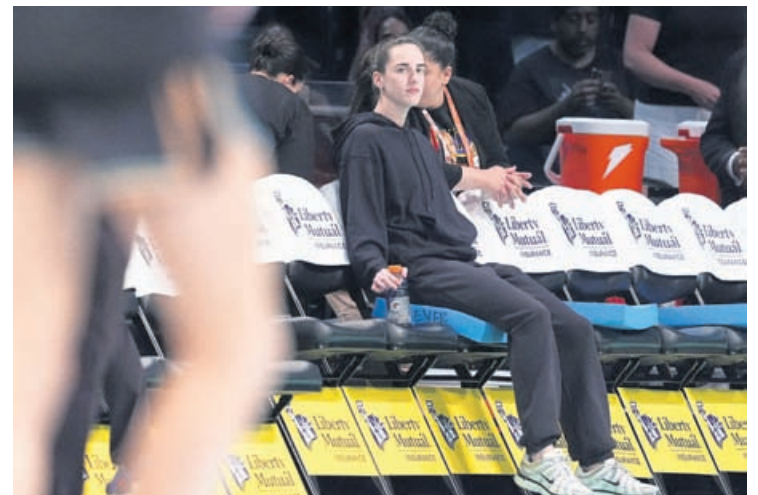
Clark got hurt with under a minute left. She walked downcourt holding her right groin after assisting on the Fever's final basket. As teammate Aliyah Boston tried to console her, Clark walked to the basket stanchion and banged her head against it before heading to the bench. During the timeout, she covered her head with a towel and appeared to be holding back tears.

Clark had been durable throughout college and her first season in the WNBA, never missing a game. Now she's had four different muscle injuries so far this year.

She missed the preseason

opener with tightness in her quad but played the next day in an exhibition game at her alma mater, Iowa. She suffered a quad strain against New York on May 24 that kept her out for

five games. Clark returned June 14 and played in five games before suffering another injury to her left groin that kept her out for four contests and the Commissioner's Cup final. □



Indiana Fever's Caitlin Clark watches as players warm up before a WNBA basketball game between the New York Liberty and the Fever Wednesday, July 16, 2025, in New York.

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Pogačar powers to big Pyrenees win to reclaim Tour de France yellow jersey

HAUTACAM, France (AP)

— Tadej Pogačar powered to an impressive stage win on the first day in the Pyrenees to take back the Tour de France yellow jersey on Thursday.

On a day when many wondered if he would suffer any ill effects from his crash the day before, Pogačar showed none and put himself in prime position for his fourth Tour victory with a break on the stage-ending climb to Hautacam.

He finished more than two minutes ahead of main rival Jonas Vingegaard.

"You don't know how the body reacts after the crash, but it was not too bad, it was not a bad crash," said Pogačar, the defending champion. "I feel my hip only when I do acrobatics, but here I'm just riding the bike."

Hautacam is the resort overlooking Lourdes and Stage 12 must have felt like



Slovenia's Tadej Pogacar climbs towards Hautacom to win the twelfth stage of the Tour de France cycling race over 180.6 kilometers (112.2 miles) with start in Auch and finish in Hautacam, France, Thursday, July 17, 2025.

Associated Press

a pilgrimage for all the riders. Ben Healy, who wore the yellow jersey for two stages, finished well behind on a brutal day for the Irish rider. In 2022, Vingegaard dominated Pogačar at Hautacam on his way to his first Tour victory. But the Danish rider is now 3½ minutes behind his main rival in

the general classification. Belgian rider Remco Evenepoel is third, 4:45 behind Pogačar.

As if in a rush to face the grueling challenges awaiting in the mountains, the riders sped through the first 50 kilometers in just under an hour with the peloton chasing a large 52-man

breakaway group.

But their efforts on the narrow, twisting roads through spectacular landscapes and stone-house villages took their toll as exhausted riders dropped behind, one by one.

Birds of prey circled overhead as the riders suffered below.

Pogačar made his move with 11.8 kilometers remaining with help from UAE teammate Jhonatan Narváez, who looked over his shoulder and allowed Pogačar to accelerate past.

Vingegaard initially gave chase but couldn't keep up with his rival, who overtook French rider Bruno Armirail for the lead with 11 kilometers to go for his 20th stage victory — third in this race.

"I was just looking forward for today. And then all the people were all the time coming to me and say-

ing, 'Oh yeah, this is the revenge time,' and blah blah blah. And then when we approached the bottom of the climb, it was just a reverse story of a few years ago," said Pogačar, a 26-year-old Slovenian.

Pogačar finished 2:10 ahead of Vingegaard, with German rider Florian Lipowitz 2:23 off the pace in third. Armirail, who had been leading, followed 10:46 after Pogačar. Healy finished 13:38 off the pace.

Tributes for young Italian rider who died

Riders took time before the stage in memory of Samuele Privitera, the 19-year-old who died after a crash while racing in Italy the day before.

Privitera crashed in the first stage of the Tour of Valle D'Aosta.

"The risk that we are taking sometimes is too far," Pogačar said before racing. □